



# Lynx Link

November 2020

## November

### Calendar-at-a-Glance

3 Election Day – Please VOTE!

13 Giving Tree begins!

16-20 Parent Teacher  
Virtual Conferences

17 PTA Meeting 6:30 pm– see  
email for Zoom link

24 –27 Thanksgiving Break

### Save the Date!

**December 11**—Native American  
Winter Gathering at Meadow Hill  
Middle School— 6:00-8:00 pm

### Lynx Wear on Sale mid-November!

Watch your email for more  
details and online ordering  
info. Items ordered will be  
delivered in time for  
Christmas!

## The Giving Tree Is Coming!

The Giving Tree is a wonderful opportunity for our L&C school community to donate or receive assistance during the upcoming holiday season.

Due to CoVid restrictions, our Giving Tree will be virtual this year using Sign Up Genius. We will send a link mid-November that will allow you to select a gift request(s) to fill. If your child's classroom or your family, church, or business is interested in "adopting" a family or in making a monetary donation, please contact one of the Family Resource Specialists— Tracey Cravy or Lisa Hayhurst.

They can be reached at  
728-2400 x4355,

[frclewis@mcpsmt.org](mailto:frclewis@mcpsmt.org),

Please keep in mind  
wrapped gifts are due to  
the FRC with family  
number and letter (if  
applicable) and gift  
descriptions

(eg. .4A– board game) by  
Wednesday, December 9th.



**The seasons are changing...** Please dress your child(ren) for the cold, wet weather. Students will be going outside to play each day, 2-3 times a day, unless it is below zero or a complete downpour. Students should wear a warm coat, mittens, a hat, and rain/snow boots. If you are unable to provide these items for your child, please contact the Family Resource Center for assistance at: 728-2400x4355



## From the Principal's Office:

Hello Lewis & Clark Families,

Wow! Look at all the snow in October! What a surprise to see inches and inches. This year is sure full of the unexpected!

As I write this message, it is Halloween week and it has been great seeing all the kids in their costumes, writing Halloween stories, playing games, and enjoying special treats. Although there have been many challenges this year, you wouldn't know it watching the kids this week. Thank you to families and staff for making this fun week happen! With a week full of lots of activities, don't forget to share a picture on the Fun Fall Activity Padlet link on the LC website (<https://www.mcpsmt.org/site/Default.aspx?PageID=4372> then scroll down and click the link). Staff are adding pictures too!

Thanksgiving is just around the corner in a few weeks. At a time when we are faced with many challenges, may you all find time to connect with family, friends, and loved ones. I am grateful to work with such an amazing staff, incredible families, and your precious children. Take care this month and always.

Your Principal,

Alanna

### **URGENT INFO:** Chance to [win \\$50 FREE](#) for gas, groceries or MT Club gift card.

MCPS offers programs like Family Resource Centers, Families in Transition Coordinators, Title 1 academic support programs, student academic intervention materials and much more through federal funds allocated from the **Free and Reduced Lunch Forms**. Returning these forms is **critical** to the **continuance** of these **opportunities and programs**. We have only received about 30% of the forms typically turned in at this time.

**Please see page 7 of the newsletter for more information.**

**ALL families submitting forms are eligible for the drawing!**

### **2020-21 PTA Membership Form & Details– Become a Member with a Click!**

Despite many of our "annual" activities being cancelled or postponed, we need your membership now more than ever! It is imperative to continue supporting our school, classrooms and teachers.

Your PTA membership dues will help support your child and will help to fund essential school resources, curriculum needs and special events.

**Sign Up today! Complete this form <https://forms.gle/MFcFxeNTrMsyPV6>**

and pay your dues via venmo, @LewisandClark-PTA (name and "membership dues" in the comments) or via square, or send your check made out to "Lewis and Clark PTA" school.

# The PTA Page

The Parent-Teacher Association of Lewis & Clark Elementary School strives to build an enriching school culture and a welcoming environment for all children, parents, and staff.



Thank you to all who sold items to support our Coffee, Toffee, Tea and More fundraiser. We raised over **\$12,000!** This is amazing considering our CoVid challenges! Thank you to our

local vendors: Florence Coffee, The Sweets Barn, Montana Tea and Spice, and Bequet Confectioners. A special thank you to Mrs. Vaneps for her assistance to make this fundraiser happen during this difficult time. Another shout-out of appreciation for these behind-the-scenes parents: Jeff Lamson, Emily Mackenroth, Keri McHugh, John Strong, Linsey Guttermuth, as well as, Angie Tranel, Sonja Wolsky and Gena Stevens.

***We will announce the students and class who raised the most money soon. More information re: delivery and pick-up of these products also coming soon.***



## PTA Meeting & Membership

The next Lewis & Clark PTA meeting is:

**Tuesday, November 17th**  
Meetings 6:30-8:00 pm unless otherwise noted. All are welcome! Meetings will be held virtually until further notice. Look for link to meetings in emails/texts.

You **do not** need to attend meetings if you become a PTA member – although we'd love to have you!!

**Become a PTA Member! Sign Up today!** Complete the membership form here <https://forms.gle/MFcFxtENTrMsyuPV6> and pay your dues via venmo, @LewisandClark-PTA (name and "membership dues" in the comments) or via square, or send your check made out to "Lewis and Clark PTA" school.

### **PTA Officers 2020-2021 School Year**

Co-presidents- Kamra Kolendich & Jeff Lamson  
[lewisandclark.pta.missoula@gmail.com](mailto:lewisandclark.pta.missoula@gmail.com)

Vice-President—**OPEN POSITION; can YOU help?! Contact any officer!**

Treasurer—Emily Mackenroth [lewisandclarkptatreasurer@gmail.com](mailto:lewisandclarkptatreasurer@gmail.com)

Secretary—Keri McHugh [lewisandclarksecretary@gmail.com](mailto:lewisandclarksecretary@gmail.com)

Teacher Liaison—Jordan Garland, 5th Gr teacher [jgarland@mcpsmt.org](mailto:jgarland@mcpsmt.org)

Teacher Liaison—Sharon Jones, 4th Gr teacher [sgjones@mcpsmt.org](mailto:sgjones@mcpsmt.org)



## From the Music Room:



Peace Choir is up and running but it's not too late to join. Singers are welcome anytime and regular attendance is not a requirement. We hope to sing with you on Zoom!!

Join Peace Choir Zoom Meeting Tuesdays 3:00-3:30pm

<https://zoom.us/j/94870386890?pwd=QzkvYStRMjlmcTJlb2tkZHZ2VnVPZz09>

Meeting ID: 948 7038 6890

Passcode: 07i048

ALSO: Check out Mrs. Morrison's Staff WebPage on the Lewis and Clark Website for class Information, lyrics and recordings of former Peace Choir Sessions. See you online!!

Musically yours, Mrs. Morrison



## What is the PYP Action Cycle?

The Action Cycle is an important part of a student's experience in an IB World School. Students are encouraged and expected to **reflect** on their learning, to think about a **choice** based on their understandings, and to take **action** to support their choice.

☆ If you have noticed your child taking action as a result of his or her participation in an IB unit of inquiry, please share what you have seen or heard with us. Remember that action can be demonstrated in many ways and can include anything from a conversation about a concept, a change in behavior, to working with adults and peers to set up a fundraiser to help a cause.

☆ To print out a Student Action Sheet you can click on the International Baccalaureate section on the Lewis and Clark website and choose the [Action Cycle tab](#), try this [link](#), or ask for one from your child's teacher. Thank you for taking the time to share with us!\*IB information is on our school website under the IB tab. Feel free to contact your child's teacher or Kari Henderson, our IB Coordinator, for more information. [khenderson@mcpsmt.org](mailto:khenderson@mcpsmt.org)

## Counselor's Corner: A Note from Ms. Myers

### Strategies for managing BIG Feelings

Many of us are feeling the effects of stress related to everything currently happening in the world. One way to feel a little more in control is to have a plan to manage feelings. Having a premade plan can be helpful because sometimes in the moment of feeling flooded, it can be hard to remember what works for us. Here are a few ideas to try with your family:

- Grounding: use your senses to connect to the world around you. Name 2 things you can see, hear, smell, and see. Or name as many blue things as you can see. Or name 10 circles you can see. Make your own grounding plan!
- Deep breathing: regulate your body with your breath. The students have lots of different breathing strategies they practice. To name a few: blowfish breathing, 5 finger breathing.
- Progressive muscle relaxation: slowly squeezing and then releasing muscles to let go of the tension. Start at your toes and work your way up to your head.
- Guided meditation: a quick google search brings up many guided meditation scripts for kids. Guided meditation is known to improve focus and reduce stress.



If your child is experiencing high levels of stress and is struggling to manage, please reach out to me to problem solve or to set up a meeting.

728-2400 x4327 or [emyers@mcspmt.org](mailto:emyers@mcspmt.org)

### The Power of a Sharpie...

Mark your kiddos' items (ALL outerwear, lunchboxes, water bottles) with legible first and last names so they can be returned to students or claimed easily.

Most missing items may be found in your child's classroom lost and found. Please check with your teacher.

Other lost items that are not identified or claimed are donated to a free clothes closet or become part of the FRC inventory.

**Lost and Found** display for November may be virtual. Stay tuned for more details! If you are missing a specific item, please contact the FRC (327-6949). We are happy to take a look for you!



**Thanks!**

### L&C PLAYGROUND REMINDERS

Please help keep everyone safe on our playground by remembering and reminding students:

- Walk bikes and scooters on the playground before and after school (we've had some near misses!)
- Keep the friendship benches upright. They have been turned over and are showing wear and tear!
- Pick up after dogs if you bring them to play during non-school hours. The shoes you save may be yours!

## Many thanks from the PTA and the FRC



Thank you to **the PTA Officers** for organizing the Coffee, Toffee, & Tea Fundraiser this year! It was a challenging year and they rose to the challenge to make sure the money to support teachers and staff was raised!

Thank you to **Tracy Dahl** for sewing and donating masks for kids who forget or need an extra!

Thank you to **Heather Miller** for outerwear and costumes.

Thank you to **Sandy Shepard** for warm boots and socks for kids.

Thank you to **the L&C neighbor who anonymously donated a VISA gift card** for the Toiletry Drive.

Thank you to the **many families** who donated to the Toiletry Drive.

Thank you to **Maile Macaluso and Jenna Saba** for leading the cleanup of the Outdoor Discovery Center learning garden and area. Look for more ways to help improve the ODC coming in the spring!

Thank you to the **various donors of winter wear to the FRC**. We were able to give **15** current L&C kids warm outerwear with your help!

### Family Resource Center

*Tracey Cravy and Lisa Hayhurst*

**728-2400 x4355 [frclewis@mcpsmt.org](mailto:frclewis@mcpsmt.org)**

**Family Resource Center Hours: M,W,F**

**8:30-3:00 and T/TH 8:30-2:15**

### **November Wish List**

**Girls Socks (warm):** Sizes 1-5

**Girls Underwear:** Size 4 and 6

**Boys/Girls Snow Pants**—Sizes 12/14 and 14/16

**Girls Snow Boots**—Size 11, 12, 13 (Toddler); Youth Size 4, 5, 6

**Girls Warm Coats**—Sizes 12/14 and 14/16

**Boys Warm Coats**—Sizes 4/5 and 6/7

### HOW TO EARN

BOX TOPS MAKES IT EASY.

All you need is your phone! Download the Box Tops app, shop as you normally would, then use the app to scan your store receipt within 14 days of purchase. The app will identify Box Tops products on your receipt and automatically credit your school's earnings online. Twice a year, your school will receive a check and can use that cash to buy whatever it needs!

### HOW IT WORKS



#### BUY

BOX TOPS PRODUCTS

Look for the logo! Be sure to check the full list of participating products, as some are not labeled.



#### SCAN

YOUR RECEIPT

Tap the scan button to snap a photo of your receipt within 14 days of purchase.



#### EARN

CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.



**We are happy to share with you that all school meals will be free for the rest of the school year due to an extension of support from the US Department of Agriculture.**

We know that the pandemic has impacted many of our family's income and job status. On top of the economic impact of COVID-19, 48% of residents in our county are cost burdened due to the cost of their housing.



In spite of these factors, only 50% of families in our school have returned a Free and Reduced Meal application. We think that up to 60% of our families may qualify for Free or Reduced Price Meals.

**We also need your help returning forms because getting an accurate count will ensure important federal funding comes to our school.** This funding, often called Title 1, is based on the number of families who qualify for free or reduced price meals. Our school district uses it to fund additional staff, professional development, family support services, and even technology for students.

This school year, the district received about \$200,000 less in funding from this program due to the low response rates for the annual Free and Reduced Meal applications from last fall.

- We need families to complete a new form each school year.
- Many families have had changes to their income or household size and may qualify.
- We need high school families to complete forms even if they completed one for their younger student at one of the county K-8 schools.

**When you complete the application, these are the benefits you may receive:**

- Reduced price or free school meals
- Qualification for other resources like free or low cost Internet access at home
- ACT and SAT test fees waived or reduced
- Tuition for dual credit university classes waived
- Middle and High School Athletic fees waiver or reduced

**These are the important benefits to our schools when you complete the application:**

- Federal funding for staffing, professional development, technology, supplies, and parent engagement activities for our schools

**Our school needs your help!**

Please complete the application and ask your friends if they have completed theirs yet. Even if you think you won't qualify, consider it an act of support to ensure our school can retain this essential federal funding.



**All families who return forms by November 23rd will be entered into a raffle for a gas or grocery gift card or a \$50 Montana Club gift card!**